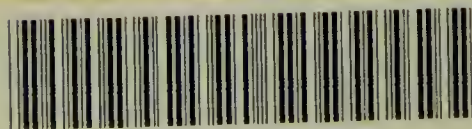


Miss Stocks  
With Florence Nightingale  
love and earnest wishes  
for her highest success  
1893

---

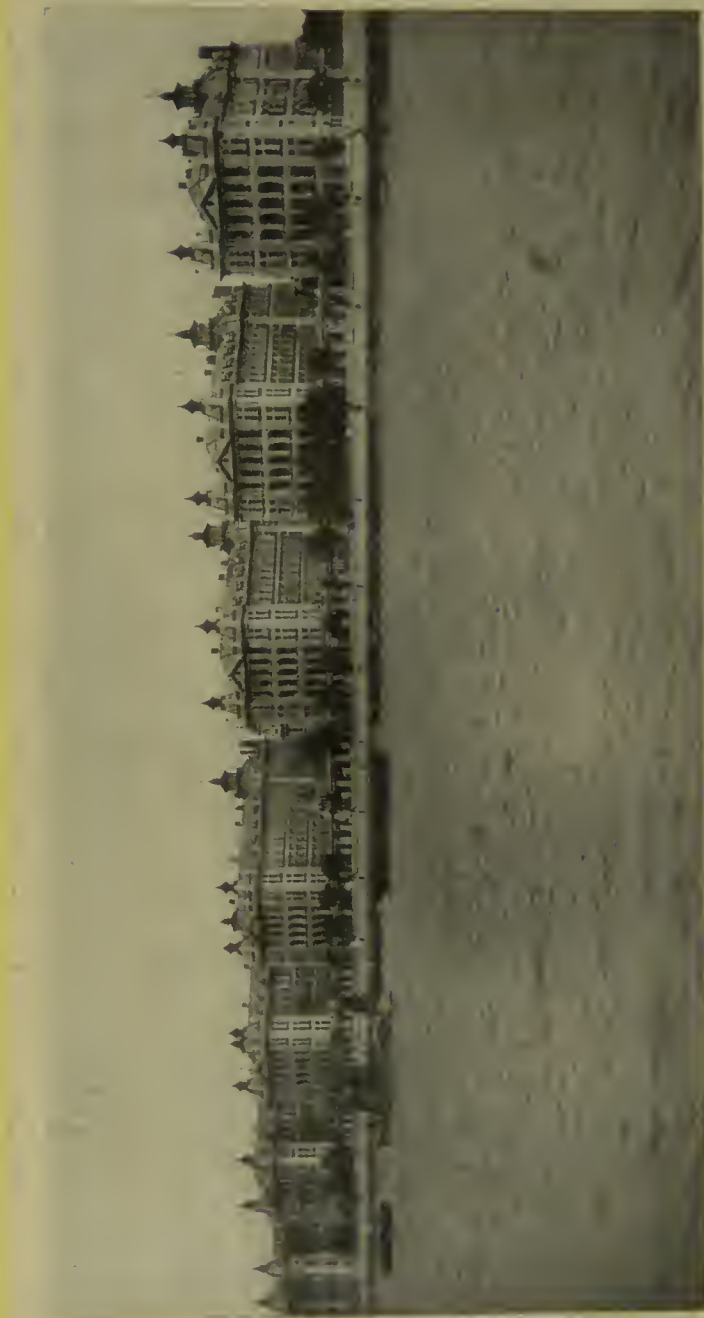
## HEALTH AT HOME.

---



22101572810

*Westminster Bridge & Houses of Parliament*



St. Thomas's Hospital — Albert Embankment, Westminster Bridge, S. E. The Hospital faces the Thames and Houses of Parliament. It is one of the largest London hospitals and contains 603 beds.

*As*



THE MINISTERING ANGEL OF THE CRIMEAN WAR: THE LATE MISS  
FLORENCE NIGHTINGALE.

The above portrait is the last and only modern one taken of Miss Florence Nightingale. She was born on May 12, 1820, and died at 10, South Street, Park Lane, London, on August 13, 1910, aged ninety.

S. G. Payne and Son, Photo.

*This photo is splendid*



MISS NIGHTINGALE'S HOUSE IN SOUTH STREET, LONDON,



Med  
K21113



THE NIGHTINGALE JEWEL



*Florence Nightingale*



From a photograph of the Marble Statue by Sir John Steele,  
which stands in the wing of St. Thomas's Hospital dedicated  
to Florence Nightingale

HEALTH AT HOME.

---

REPORT

OF

THE TRAINING OF  
Rural Health Missioners,

AND OF THEIR

VILLAGE LECTURING & VISITING,

UNDER THE

NORTH BUCKS TECHNICAL EDUCATION COMMITTEE

OF THE

Bucks County Council.

---

1891-1892.

---

WINSLOW :

EDWIN J. FRENCH, PRINTER.



313 2000

WELLCOME INSTITUTE LIBRARY	
Coll.	welM.Omec
Call	
No.	W 7



## Introduction,

By FREDERICK W. VERNEY Esq., Chairman of the Technical Education Committee of North Bucks.

---

For some years past, the big Sanitary Drum has been beaten loud and long, an instrument of which the Public are inclined to think that a little goes a long way. We have had National, International, and Provincial Health Congresses. We have watched Professors and Sanitary Engineers, devising and carrying out grand schemes to take millions of tons of sewage from one place to another, at a cost of millions of pounds sterling, and we have wandered through miles of Health Exhibitions, full of exhibits; which run through the whole gamut, from the highly interesting to the intensely nasty.

Now all this is, no doubt, quite as it must be, even though all is not quite as it should be. Enormous Towns have enormous claims "upon their backs to bite 'em," and lesser Towns have lesser claims, but not *ad infinitum*. And this is how this pamphlet comes to be written. A vast deal has been done in a big way for big Towns, but very little for the Country, which after all, is bigger even than the Towns, whichever way you look at it, either in area, or in population. And moreover, there is plenty of dirt and plenty of death to be found in the Country, often much more of both, in proportion to population, than in the Towns; and a great deal of this dirt and of this death is "preventible"—preventible, but not prevented.

Admit, if you wish it, that much of it can be prevented only by the expenditure of large sums of money, which represents the capitalized neglect of many generations, which one gene-

ration cannot possibly make good. Still there is a great deal of dirt which may be cleansed, and of death which may be thwarted by an expenditure of knowledge, and of common sense, so small, and of money so minute, that continued neglect on the part of those who are responsible, is nothing less than criminal folly. We burn with a righteous arm-chair indignation over the horrors of infanticide in Foreign Countries, and watch with absolute complacency the infanticide at our very doors. The Mother who would die rather than put a glass of poisoned water within reach of her child, forces her whole family to swallow draughts of poisoned air night after night, in the hermetically sealed cupboard, which does duty for a bedroom, while countless millions of measures of the purest air are waiting outside the window, even where the perverse ingenuity of those who live inside has succeeded in poisoning some of it by the accumulated filth of the pig-stye and the cesspool privy. But *de minimis non curant* the Local or the Domestic Authorities. This pamphlet is an attempt to deal with these neglected "Minima," and to show that a minimum is a maximum when human life is concerned, and that the human units in our villages, are as worthy of our attention as the human millions in our cities.

The scheme of this pamphlet has nothing big to recommend it. It is an early record of an attempt which is still in its infancy, to bring, by the simplest and most practical means, a knowledge of health to the homes of the country folk in our villages. For this, it is necessary for someone to have the knowledge, and to be willing and able to spread it. In sanitary matters, applied knowledge is life, applied ignorance is death. But everyone is aware of the fact that knowledge, without sympathy to introduce and recommend it, is not available for distribution. The necessary stock-in-trade of anyone who wants to be a "Health Missioner" is therefore some knowledge, and much sympathy. It has been one of the objects of the Technical Education Committee for North

Bucks, to utilize some of the money at their disposal, in equipping certain ladies, who were willing to devote themselves to the work, with the knowledge indispensable for "Health Missioners." It was intended that these ladies should make friends with the country people in their village homes, and make use of friendship for the purpose of distributing knowledge. A little knowledge is *not* a dangerous thing, if the person who has it knows how little it is, and knows that little accurately and well. The syllabus of the teaching which the North Bucks "Health Missioners" have received, and in which they have passed a satisfactory examination, is purposely and carefully restricted within certain well-defined limits, limits which are however sufficiently wide to give enough to learn and enough to teach of "Health at Home," to bring about great reforms in many an English village. The "Health Missioner" has not the training of a Nurse, and she does not pretend to be one, still less has she the knowledge of a Doctor, and she does not attempt to do the Doctor's work. But the "Health Missioners" in North Bucks have had the great advantage of learning from Dr. De'Ath of Buckingham, a Medical Officer of Health, who has had many years experience of a Country Doctor's life, and who knows the kind of health work that is wanted in Country Villages and the most practical way of carrying it out. Nothing less, and no other than experience of this kind could qualify a man to prepare "Health Missioners" for village and country work, and he must have the active, living enthusiasm for the cause which Dr. De'Ath combines with his knowledge of the people, and his experience of their homes and surroundings. A Town training would not give the same results. The difference between Town and Country has its counterpart in the difference between the appearance, and the very character of those who live in the one or in the other. Even between Parish and Parish there are differences less marked, which "Health Missioners" will probably have to take into account.

Those who deal with public money in these days, are rightly called on to show that good value is got by the public for what is spent. There is one point on which the public mind is often misled. Ratepayers often prefer the extravagance which they don't see to the expenditure which they do. In every Department of Government, whether National or Provincial, latent extravagance is generally preferred to patent expenditure. Nothing is said if pounds are wasted imperceptibly, but the easy eloquence of a vicarious economy is indignant over the open expenditure of shillings. Why don't we realize the fact that economy does not consist in what we spend, or even in what we do not spend, but in what we get for our money? For instance, people will go on for years, walking, riding and driving along bad roads, wearing out shoe leather, the feet of their horses, and the wheels of their carriages, rather than spend the far smaller amount required to put and keep the roads in perfect order. In the one case the tax-collector has to put his hands openly into their pockets, and in the other their pockets are being secretly picked by their own neglect. The extravagance of illness, and the economy of health, may be proved to the satisfaction of any ratepayer, if he will but think out the problem for himself, so that he will not grudge the minute fraction of the cost of disease, which we ask him to pay for its prevention. Wise men tell us that the lowest form of life is an animal that is all stomach. The lowest form of ratepayer seems to be an animal that is all purse, very tightly tied up at the neck.

One name appears in the following pages, with which this attempt has from the very first, been closely connected, a name round which there will always be in the eyes of all who know it, a halo of work and love.

Miss Florence Nightingale has inspired us, advised us, guided us. Under her leadership we are going forwards, feeling our way step by step, in the confident belief that success will be won, and can only be won by loyalty to the principles laid down for us by her.

FREDERICK W. VERNEY,

(Chairman of the North Bucks  
Technical Education Committee).

November, 1892.



# Contents.

---

	PAGE.
I.—MISS NIGHTINGALE'S LETTER ON THE TEACHING OF HEALTH AT HOME. . . . .	1
II.—SYLLABUS OF THE LECTURES GIVEN BY DR. DE'ATH TO THE HEALTH MISSIONERS. . . . .	4
III.—EXAMINATION QUESTIONS SET TO THE HEALTH MISSIONERS BY DR. WILSON. . . . .	6
IV.—EXAMINER'S REPORT. . . . .	7
V.—DR. DE'ATH'S REPORT TO THE COMMITTEE OF THE COUNTY COUNCIL ON TECHNICAL EDUCATION IN NORTH BUCKS. . . . .	9
VI.—SYLLABUS OF VILLAGE LECTURES GIVEN BY THE HEALTH MISSIONERS. . . . .	11
VII.—MISS NIGHTINGALE'S LETTER TO VILLAGE MOTHERS. . . . .	14
VIII.—HINTS FOR HEALTH MISSIONERS.—M.M.V. . . . .	16
IX.—SKETCH OF AN INTRODUCTION & FIRST LECTURE—M.M.V. . . . .	20
X.—NOTICE SENT BY A DISTRICT COMMITTEE TO A VILLAGE COMMITTEE ABOUT THE HEALTH LECTURES. . . . .	38
XI.—LETTER FROM DR. DE'ATH TO PERSONS LIKELY TO HELP THE HEALTH MISSIONERS IN THE VILLAGES. . . . .	39
XII.—HEALTH MISSIONERS RETURNS . . . . .	40
XIII.—HEALTH MISSIONERS DIARY.—( <i>Private</i> ) . . . . .	41
XIV.—SUMMARY OF SCHEME. . . . .	44

Confidential.

CLAYDON HOUSE,

WINSLOW,

BUCKS.

October 17th, 1891.

MY DEAR MR. FREDERICK VERNEY,

It is scarcely needful to say to intelligent people that Health at the Home is one of the most important questions for any one charged with the duties of Local Government. But, while Sanitation has actually become fashionable, while we are choked with the flood of Sanitary books, pamphlets, publications, and lectures of all sorts, good, bad, and indifferent, we have remained a book and a pen.

We have not become a voice and a hand.

What is read in a book stays in the book.

Health in the Home has not been carried home to the hundreds of thousands of rural mothers and girls, upon whom so largely depends the health of the rural population,

In fact, they do not believe in Sanitation as affecting health, as preventing disease.

There has been a melancholy instance near here.

At your special request I have been making assiduous enquiries for educated women trained in such a way that they could personally bring their knowledge home to the cottagers' wives on a mission of health for rural districts. For this they must be in touch and in love, so to speak, with the rural poor mothers and girls, and know how to show them better things without giving offence.

We have, though they are but a sprinkling in our great towns and in London, excellent Town District Nurses, but for many obvious reasons they would not be quite suitable for your proposed work. We can find no one woman for this ready-made. She must be created for a rural Health Missioner.

Knowing how deeply interested you were in this subject on its practical side, we have consulted a number of the most experienced people. And we have arrived at the conclusion that to make the movement a success, we must find some gentleman apt to teach, and educated women apt to learn—in other words, we must train them for the purpose. And we must not mix up Nursing the sick with Health in the Home.

It does not appear in the least necessary to go outside this County. It seems far better to utilize the ability at hand for teaching and the capacity for being taught.

With this object, I have made enquiry as to who there may be in North Bucks who would be willing to give time and trouble to teach, and who is qualified by knowledge and experience, and caring for this problem as it deserves.

I had already been much struck by a report of one of the North Bucks Medical Officers of Health—Dr De Ath. I made inquiries from independent sources. I have seen him, and have a good hope that he will prove himself to be as competent, as he certainly is willing, from a high sense of duty, to undertake this work—the work, that is of training those who are to teach practical domestic sanitation to the mothers and girls, and who will be qualified by a course of work, theoretical—that is, to give them the “reason why,” and practical, to show them how to do it, under Dr. De Ath.

I know of no such School of health, now in existence. for teaching of this kind as would be started at Buckingham, if this project is carried out. And, if carried out successfully.

Buckingham may become a centre of supply of trained Health Missionaries—not for its own immediate neighbourhood only, but for many parts of England where such work is sorely needed.

It seems hardly necessary to contrast Sick Nursing with this. The needs of Home Health-bringing require different but not lower qualifications, and are more varied. They require tact and judgment unlimited to prevent the work being regarded as interference and becoming unpopular.

They require an intense and real belief in Sanitation, and that Life or Death may lie in a grain of dust or a drop of water, or other such minutiae which are not minutiae but Goliaths—and the Health Missioner must be a David to slay them, and have his sweet voice, and must be trained as he was to fight the giants with the simple weapons of every day use.

She must create a new work and a new profession for women. And she must make her work acceptable to women of the labouring class.

I trust that your County Council will not think me one of your interfering Health Missioners. I know your interest in inaugurating a vital work among the rural poor women.

And I have, therefore, done your behest with alacrity. May North Bucks distinguish itself by its wisdom and success in giving such an education to rural mothers, and in waging the war against national deterioration of health and vigour.

Pray believe me,

Dear Mr. Frederick Verney,

Your and the Mothers'

Anxious and attached Friend,

(Signed)

FLORENCE NIGHTINGALE.

FREDERICK WILLIAM VERNEY, ESQ.

## Syllabus of Lectures given to the Lady Lecturers.

---

### TECHNICAL EDUCATION.

---

#### HEALTH AT HOME.

"Let thy mind's sweetness have its operation  
Upon thy body, clothes and habitation."

GEORGE HERBERT.

---

#### SYLLABUS OF LECTURES.

- I. Sanitary condition of the (1) Person, (2) Clothes and Bedding, (3) House.
  - II. Management of Health of (1) Adults, (2) Women before and after Confinements, (3) Infants and Children.
- 

#### I. Sanitary condition of—

(1) *Person*.—Care of the whole body, cleanliness of the skin: hair and hairbrushes; teeth and toothbrushes: simplest appliances sufficient with knowledge, large vessels and much water not indispensable for daily cleansing (though in some cases a bath and much scrubbing with soap are absolutely necessary); advantages of friction of the skin. The body the main source of defilement of the air, and the most essential thing to keep clean.

(2) *Clothes and Bedding*.—Clothes to be warm, light and loose, no pressure anywhere; danger of wearing dirty clothes next the skin, reabsorption of poison cast out by the body; danger of wearing the same underclothing day and night—importance of airing clothes and bedding; hanging out non-washing clothes in sunshine; infection stored up in old clothes and bedding; danger of using damp sheets and damp underlinen. Bed-reform; feather beds should be picked, and the tick washed every year.

(3) *House*.—How to choose a healthy dwelling, aspect, situation, not to be in a hole, fogs in valleys, good foundations, value of sunshine and wind, look after water and air and all that poisons them; you *must* swallow the air in your house; fresh air will do—



even with poor food (well cooked), but the best food will not make up for the absence of fresh air. What sanitary authorities to appeal to in the country about drains, water, sewage, privies, etc. Plumbing, traps, what shows a trap to be unsafe, best disinfectants, cleanliness, clean hands, fresh air.

Ventilation in bedrooms, poisonous air in close bedrooms at night, bad smells as danger signals, danger of overcrowding sleeping rooms; danger of dust, dirt, and damp, how to make the beds, how to clean the floors, walls, bedroom crockery, kitchen pots and pans. Foul floors a source of danger, bricks porous, interstices between boards may become filled with decaying matter; dangerous to sluice with much water, wipe with a damp cloth, and rub with a dry one. Clean wall papers, *not* put up over old dirty ones; merits of white-wash, effect of direct sunlight, danger of uninhabited rooms, the genteel parlour chilling to the bone kept for company; danger of dirty milk pans and jugs, kitchen tables, chopping blocks, etc. Water hard and soft—see that it *is* water, not water plus sewage; that milk *is* milk—not milk plus water plus sewage.

## II. Management of Health of—

(1) *Adults*.—Diet, influence of sex, age, climate, occupation, variety; animal food, vegetable food, milk, butter, cheese, eggs, etc. Effects of insufficient food, of unwholesome food, food insufficiently cooked; danger of diseased meat, of decaying fish, meat, fruit, and of unripe fruit and vegetables, spread of disease through milk. Chills, constipation, diarrhœa, indigestion, ruptures, rheumatism, gathered fingers, etc.

(2) *Women before and after Confinements*.—Diet, fresh air, cheerfulness, danger of blood poisoning by lying-in on dirty feather beds.

(3) *Infants and Children*.—Nursing, weaning, hand feeding, regular intervals between feeding, flatulence, thrush, convulsions, bronchitis, croup. Simple hints to mothers about healthy conditions for children, cleanliness, food, what to give to prevent constipation or diarrhœa, danger of giving children alcohol or narcotics, danger of a heavy head-covering to a child while bones of skull still open—deadliness of soothing syrups, how to recognize the symptoms of coming illness in body and mind; fever, hip disease, curvature of the spine, indigestion, sleeplessness, drowsiness, headache, peevishness, etc. *What to do till the Doctor comes*.—If clothes catch fire, or for burns, scalds, bites, cuts, stings, injuries to the head, swallowing fruit stones, pennies, pins, etc. *After the Doctor has left*, how to take care of convalescents, how to feed, danger of chills, over-work at school, etc.

## TECHNICAL EDUCATION.

---

EXAMINATION PAPER Set for LADIES attending HEALTH  
LECTURES, by GEORGE WILSON, M.A, M.D.

---

TWO HOURS ALLOWED.

- 1.—What are the chief causes of Infant Mortality ?  
Give instructions with regard to the rearing and feeding of infants.
- 2.—Why is milk a typical food ?  
Name some of the diseases conveyed through the agency of cows' milk. What precautions would you take in storing milk ?
- 3.—What are the chief causes which make houses unhealthy ?  
Divide your answer under the following heads ;
  - (1)—the ground on which the house stands ;
  - (2)—the parts of the house itself especially as regards the supply of air, and water, and the contrivances for the removal of refuse ; and
  - (3)—the habits of the people living in it.
- 4.—It is notorious that children are often burned !  
What precautions, of a general kind, would you recommend. and how would you treat a burn, scald, or bite until medical help is obtained ?

## Examiner's Report.

7, AVON PLACE, WARWICK,

*May 11th, 1892.*

SIR,

In accordance with instructions received, I beg to report that on the 6th inst. I examined 12 ladies who had attended the course of Lectures on Health, delivered by Dr. De'Ath, of Buckingham, under the Technical Education Grant of the County Council.

I had previously the opportunity of conferring with Dr. De'Ath concerning the scope and substance of his lectures, and may be permitted to say that the synopsis of his course fully met the views expressed in Miss Florence Nightingale's letter, with regard to the training and usefulness of "Health Missioners." But in addition to his lectures, Dr. De'Ath informed me that he took his class with him to inspect a village, or parts of it, and this I regard as a most important object lesson, which I fully tested in the oral examination, and with very gratifying results.

Apart from the examination itself, I had also the opportunity of reading essays sent in by all the candidates on subjects of a homely, practical nature, submitted to Miss Florence Nightingale, and on the whole was very much pleased with the style in which these essays were written. Indeed, as regards the essays and the written papers sent in at the examination, I may say that they exhibit a high standard of excellence in the majority of instances, and are alike creditable to teacher and pupils.

In order to test the capabilities of the candidates to teach, the examination was made an oral as well as a written one. I enclose the papers and questions which were set, and may say, with regard to the oral examination, that I was very much pleased with the intimate knowledge of physiology and the laws of health, as well as of home sanitation, which was shown by the majority of the candidates.

Judging from the results of the oral, as well as of the written examination, I place the names of the candidates in the following order of merit list :—

- |                      |                  |
|----------------------|------------------|
| 1. MISS DEYNS.       | 7. MISS * * * *  |
| 2. MISS L. ROWLAND.  | 8. MISS * * * *  |
| 3. MISS A. BARTLETT. | 9. MISS * * * *  |
| 4. MISS NEGUS.       | 10. MISS * * * * |
| 5. MISS PEARCE.      | 11. MISS * * * * |
| 6. MISS FAULKNER.    | 12. MISS * * * * |

I consider that the first six on this list showed sufficient knowledge of the laws of health and home sanitation to qualify them for teaching the subject, namely :—

- |                      |                   |
|----------------------|-------------------|
| 1. MISS DEYNS.       | 4. MISS NEGUS.    |
| 2. MISS L. ROWLAND.  | 5. MISS PEARCE.   |
| 3. MISS A. BARTLETT. | 6. MISS FAULKNER. |

The first three, Miss Deyns, Miss L. Rowland and Miss Bartlett, sent in exceptionally good papers, and also acquitted themselves exceedingly well in the oral examination.

I am, Sir,

Your obedient Servant,

GEORGE WILSON, M.A., M.D.

*Examiner.*

## Dr. De'Ath's Report to the County Council Technical Education Committee.

---

TO H. WILLIAMS, JUN.,

*Secretary of the North Bucks Technical Education Committee.*

BUCKINGHAM,

May 12th, 1892.

SIR,

I beg to inform you that I have received the Report, which has been forwarded to you, of the examination that concluded the course of instruction upon "Health at Home," and, I presume, that now your Committee will desire me to send the following short account of my work. I gave 14 lectures, which were attended by 16 ladies who desired to become "Teachers," and also 60 to 70 other ladies.

The lectures were supplemented by classes after each lecture, by the taking of notes, by the answering of questions on paper and orally, by the writing of essays on parts of the syllabus, by private study, and by a visit to a village near Buckingham.

The 12 ladies who entered for the examination (the others having retired) have carefully and regularly gone through this course of preparation for their duties. I have not felt myself at liberty to find out how much time the successful candidates could devote to the work of teaching health, as the result of the examination has not been made known to them.

I trust that your Committee will be able to send a certain number of Teachers to different groups of villages in North Bucks to give weekly instruction in the subject of "Health at Home."

I should be glad to work up with each Teacher the exact course and method of instruction which should be given.



Your Committee may desire to send Teachers to other parts of the County or to other Counties, and I have already received a request for information on this matter from a distant County.

I should be glad to meet your Committee, or any part of it, for the purpose of settling some definite plan of organization, which could not with any advantage be discussed within this report, even if I had, as I have not, any right to do so.

I believe that those who have satisfied Dr. Wilson will (as they gain experience in teaching and knowledge of their work) enable the Committee to congratulate themselves on the step which they have so wisely taken to bring some knowledge of the laws of health to the minds and homes of the people.

It is impossible for me to conclude this short report without expressing to you, personally, my thanks for all your courtesy, and for the information which you have so often given me.

I am Sir,

Your obedient servant,

GEORGE H. DE'ATH.

## Syllabus of Health Lectures,

*Given by the Lady Lecturers to Village Mothers.*

### I.—Our Homes.

1. The Bedroom.
2. The Kitchen and Parlour.
3. The Back-yard and Garden.

### II.—Ourselves.

1. The Skin, and how to keep the body clean—washing.
2. The Circulation, and how to keep the body warm—clothes.
3. The Digestion, and how to nourish the body—food.

### III.

#### EXTRA LECTURES.

1. What to do till the Doctor comes, and after the Doctor has left.
2. Management of Infants and Children.

#### SYLLABUS.

**Lecture I.** (a) Introductory—Busy life of cottage mothers ; why they should come to classes ; preventible illnesses ; the mothers should ask questions, and help the Lecturer by relating their own experiences ; proposed plan of the Lecturers.

**Bedroom.** (b). What we want to get into a Bedroom ; What we want to get out of a Bedroom ; Sunshine—its effect on health ; fresh air—difference between clean air and foul air ; an unaired bedroom is a box of bad air ; ventilation near the ceiling ; fireplace—no chimney-boards.

(c). Furniture of bedroom—the bed and bedding ; walls ; carpet ; airing of room during the day ; cleansing of bedroom crockery ; danger of unemptied slops ; how to get rid of dust—washing of floors ; vermin ; damp ; lumber ; fresh air and sunshine in the bedroom by day promote sleep by night.

#### LECTURE II.—THE KITCHEN AND PARLOUR.

**Kitchen.** Danger from refuse of food.—Grease in all the rough parts of kitchen table and chopping block—crumbs and scraps in interstices of floor—remains of sour milk in saucepans, jugs—all refuse poisons the air, spoils fresh food, and attracts vermin, rats, beetles, etc.—bricks, porous, dangerous to sluice with too much

water ; water for cooking whence obtained—often water plus sewage ; milk easily injured, often milk plus water plus sewage. How to clean kitchen table, crockery, pots and pans ; how to keep milk cool ; danger of dirty sink.

**Parlour.** Danger of uninhabited rooms without sunlight and fresh air ; genteel parlour chilling to the bone ; clean paper not to be put over dirty ones ; tea leaves for sweeping carpets.

### LECTURE III.—THE BACK-YARD AND GARDEN.

**Back-yard.** Where are slops emptied ? Slops to be poured slowly down a drain—not hastily thrown down to make a pool round the drain ; gratings of drain to be kept clean and passage free ; soil round the house kept pure that pure air may come in at the window ; danger of throwing bedroom slops out of window ; no puddles allowed to stand round walls ; privies refuse to be got into the soil as soon as possible ; danger of cesspools ; well and pump ; wells are upright drains, so soil round them should be pure ; bad smells danger signals ; pigsties, moss-litter to absorb liquid manure, cheap and profitable ; danger from pools of liquid manure making the whole soil foul.

### LECTURE IV.—THE SKIN AND HOW TO KEEP THE BODY CLEAN.

**The Skin.** Simple account of functions of skin.—As a covering to the body ; beauty dependent on healthy state of skin ; use of the skin as throwing out waste matter ; dangers of a choked skin ; how and when to wash ; care of whole body ; teeth—sad suffering by their neglect ; hair and hair brushes ; large vessels and much water not indispensable for daily cleansing ; advantages of a bath ; friction of the skin ; not babies only but men and women require daily washing ; the body the source of defilement of the air.

### LECTURE V.—THE CIRCULATION AND HOW TO KEEP THE BODY WARM.

**Clothes.** Simple account of how the heart and lungs act.—Clothes to be warm and loose ; no pressure ; test for tight lacing, if measurement round the waist is more with the clothes off than when stays are worn ; danger of dirty clothes next the skin—reabsorption of poison ; danger of wearing the same clothes day and night ; best materials for clothing ; why flannel is so valuable ; danger of sitting in wet clothes and boots ; too little air causes more chills than too much ; the body not easily chilled when warm and well clothed.

## LECTURE VI.—THE DIGESTION AND HOW TO NOURISH THE BODY.

**Food.** Simple account of how food is digested and turned into blood.—Worse food (well cooked) and fresh air better than best food without fresh air ; diet, not medicine, ensures health ; uses of animal and of vegetable food ; danger of all ill-cooked and half-cooked food ; nourishing value of vegetables and whole meal bread ; danger of too little food and too much at the wrong times ; dangers of uncooked meat, specially pork, diseased meat, decaying fish, unripe and over-ripe fruit ; and stewed tea ; vital importance of cooked fruit for children, stewed apples and pears, damsons, blackberries ; value of milk as food ; influence of diet upon constipation, diarrhœa, indigestion, convulsions in children ; small changes of diet promote appetite and health.

## EXTRA LECTURES.

## LECTURE VII.—WHAT TO DO TILL THE DOCTOR COMES AND AFTER THE DOCTOR HAS LEFT.

**Small Treatment.** Grave danger of being one's own doctor, of taking quack medicines, or a medicine which has cured someone else in quite a different case ; liquid food only to be given till the doctor comes ; danger signals of illness and how to recognise them ; hourly dangers of ruptures if not completely supported by trusses ; what to do if clothes catch fire ; and for burns, scalds, bites, cuts, stings, injuries to the head and to the eye, swallowing fruit stones, pins, etc.—simple rules to avoid infection. After the doctor has left. How to take care of convalescents ; how to feed ; when to keep rooms dark, and when to admit plenty of light ; danger of chills.

## LECTURE VIII.—MANAGEMENT OF INFANTS AND CHILDREN.

**Infants and Children.** Nursing, weaning, hand-feeding, regular intervals between feeding, flatulence, thrush, convulsions, bronchitis, croup ; simple hints to mothers about healthy conditions for children—Baths, diet, how to prevent constipation and diarrhœa ; what to do in sudden attacks of convulsions and croup ; deadly danger of giving “soothing syrups” or alcohol ; headache often caused by bad eyesight ; symptoms of over-work at school—headache, worry, talking in the sleep ; danger to babies and little children of any violence, jerks and sudden movements, loud voices, slaps, box on the ear ; good effects upon the health of gentleness, firmness and cheerfulness ; no child can be well who is not bright and merry, and brought up in fresh air and sunshine, surrounded by love—the sunshine of the soul.

## Miss Nightingale's Letter to Village Mothers.

DEAR HARD-WORKING FRIENDS,

I am a hard-working woman too. May I speak to you? And will you excuse me? tho' not a mother.

You feel with me that every mother who brings a child into the world has the duty laid upon her of bringing up the child in such health as will enable him to do the work of his life.

But tho' you toil all day for your children, and are so devoted to them, this is not at all an easy task.

We should not attempt to practise dress-making or any other trade, without any training for it; but it is generally impossible for any woman to get any teaching about the management of health, yet health is to be learnt. And altho' you are more skilled in the practical work of every-day life, yet this Lady Lecturer has had special opportunities of studying the reasons why certain things are good or bad for health.

But it depends very much more upon you than upon her that these lectures should be of any use to you. You must make use of her, and get out of her the particular knowledge that you want.

The Cottage Homes of England are after all, the most important of the homes of any class, that they should be pure in every sense, pure in body and in mind.

Boys and girls must grow up healthy, with clean minds, and clean bodies, and clean skins.

And for this to be possible, the air, the earth, and the water that they grow up in and have around them must be clean. Fresh air, not bad air; clean earth, not foul earth; pure water not dirty water. And the first teachings and impressions they have at home must all be pure and gentle and firm. It is *home* that teaches the child after all, more



than any other schooling. A child learns before it is three whether it shall obey its mother or not, and before it is seven wise men tell us that its character is almost formed.

There is too, another thing—Orderliness. We know your daily toil and love, may not the busiest and hardest life be somewhat lightened, the day mapped out, so that each duty has the same hours?

Now you may compare this Lady's inexperience and your practical knowledge of the things of every-day life. But, tho' she may be inexperienced in the things you have to do, yet she may by her knowledge in a humble, not patronizing, or positive, or prying way, help you to help yourselves.

This is not a lecture so much as a talk, a homely talk about homes.

If you would make a friend of her and ask her questions, it would be far more possible for her to help.

Then think what enormous extra trouble it entails on mothers when there is sickness, It is worth while to try to keep the family in health, to prevent the sorrow, the anxiety, the trouble of illness in the house, of which so much can be prevented.

When a child has lost its health, how often the mother says "O, if I had only known, but there was no one to tell me." And, after all, it is health and not sickness that is our natural state—the state that God intends for us. There are more people to pick us up when we fall, than to enable us to stand upon our feet. God did not intend all mothers to be accompanied by Doctors, but He meant all children to be cared for by mothers. God bless your work and labour of love. Now after *our* kind wise Doctor, who cares for your health as much as for your sickness, has left, will you not settle down to a friendly homely talk, and try to get out of the lady what you can, and God bless us all, and He *will* bless.

(Signed) FLORENCE NIGHTINGALE.

October 10th, 1892.

## Hints for the Health-Missioners.

---

Hints humbly offered for the consideration of the Health-Missioners, by a Mother.

---

A village-lecture should be like a picture book, with lively images to rouse the imagination, and retain the attention of Village Mothers.

Such images must be drawn from perfectly wellknown objects or events in home life.

If the lecture is to be on the skin, as for instance, Lecture IV. of your own syllabus—make an interesting opening, perhaps by drawing vividly two descriptions.

First : A Child—one of the village children, with a beautiful healthy skin, smooth as satin, without a pimple or scratch anywhere, and so clean that there is no stain or soil on any part of the body ; a clear complexion, rosy cheeks, cherry lips—such a child as any mother would long to kiss.

Secondly : A Leper—such as they have read of in the Bible, a loathsome horrible object, the skin all wounds and sores, so repulsive to others, so painful to himself, that as a miracle, he asks to be made "*clean*," and the gracious answer comes "I will, be thou clean."

Then show that the difference between the child and the leper, is just the difference between a healthy and unhealthy skin ; and what a gift a clean skin is,—then something of this sort might be said.—

"Women who are already so busy and so tired, that they do not know how to get through their day's work, do not want to be given more trouble, or to be told of anything that requires more money ; therefore you will not care to do anything more than you have been accustomed to do all your lives—unless I can really show you—

First : That the difference between a clean skin and a dirty skin, is the difference between health and sickness.

Secondly : That however busy and tired you may be, it *is* worth your while to keep the skin of your whole body clean— if you are really convinced of this, you will make time to do it, and you will wish to learn—

Thirdly : How the skin can best be kept clean.

A very little might be said about the two skins ; the skin as a covering, and as equalising the heat of the body, and then enter very *fully* but not *learnedly*, into the work of the pores. The body choked and poisoned by its own waste substances, might be compared to a house, whence nothing was thrown away,—the scullery choked with old fat, potato peelings, etc, the drain from the sink stopped up, the grate full of cinders, the floor of dust, the table of grease and crumbs ; none of these things were dirty or useless at first, it is the keeping them that makes the house uninhabitable.

Then speak very plainly of the offensive condition of an unwashed body, the smell of the feet, the horrible state of the hair, the decay and pain in the teeth, etc ; the consequent poisoning of the air of the room, etc.

Then *how* and *when* the body can best be washed. The entire want of privacy in the bedrooms, makes it sometimes more possible for the mother of the family to make herself clean, not on rising, but when the early work is done, when the saucepan is on the fire, and before the children come in from school at 12, or in the afternoon before tea. This should, without giving offence, be drawn out by careful questions, asking what plan the women would *recommend* rather than what they *do*.

The care of the body should be connected with purity and self-respect, with a beauty which age cannot wear away ; Mothers should work upon and encourage their girls' natural wish to look nice, make them proud of beautifully brushed and well-plaited hair, rather than of the smart hat above it.

I should not be inclined to attempt a technical description of the skin, but having well got into their heads about the use of perspiration and the function of the pores, there should be much sympathy and imagination put into the question of how, when and where, Father, Mother, Jack, Molly, Betty and the Babies are to be washed and soaped and rubbed and dried. Sufficient towels would be a great practical difficulty, the lecturing lady should have a memorandum of the price of each article she recommends, the price of tooth-brushes as compared with artificial teeth might be included. A private note-book will be of use for writing down prices, practical recipes, simple methods of ventilation etc. Any good anecdote or illustration the Lecturer comes across in her reading, that might serve to enliven a lecture, should be noted down. Questions may be asked which she is unable to answer at the moment, these should be written down with the name and address of the questioner, to be answered at the next lecture.

One great difficulty of an inexperienced lecturer is not to be *dull*, and the sense that one is growing dull, is in itself so depressing, one becomes duller. To judge of this, address yourself to the most stolid and vacant face in your audience, if you can light up that face with interest, you are succeeding, but if all you are saying falls flat, make some break in your lecture—ask some question of the women near you—anything will do—the price of soap—how many bedrooms they have—whether they keep pigs—anything to bring your audience into the subject, and to break the monotony of the sound of your own voice.

Do not give too many facts at once, but try to hammer one or two points home, returning to them again and again from different points of view.

Do not be put out at interruptions—specially criticisms, welcome them with great civility, and if you cannot answer them fully, promise to look the matter up, and discuss it with your questioner before you begin the next lecture. Nothing ought to be so helpful as the remarks made, or the faults found with the lecture, by the village women themselves. If one

questioner is snubbed, no other woman will express her opinion, but if a criticism perhaps rudely made, is received most civilly, the Lecturer will gain the sympathy of her audience, and the information which will help her most.

The Health Missioner should consider the Lecture as giving her a foothold for knowing the cottage mothers, it gives her the opportunity of knowing them all together, and of laying down Principles of Health. In the visits to the cottage homes, she has to apply the general teaching to each special case.

The Lectures will be a dismal failure unless the cottage women support the Missioners.

Tennyson has given us a vivid picture of what the Health Missioner ought *not* to be—"The Village Wife" is speaking of the Squire's daughters.—

....."Miss Annie, the heldest, I niver not took to she : .....

Fur hoffens we talkt o' my darter es died o' the fever at fall :

An' I thowt 'twur the will o' the Lord, but Miss Annie she said it wur draäins,

Fur she hed'nt naw coomfut in 'er, an' 'arned naw thanks fur 'er paäins !.....

An' es fur Miss Annie, she call'd me afoor my awn foälks to my faäce,

"A hignorant village wife as 'ud hev to be larn'd her awn plaäce."

No lady trained on Miss Nightingale's principles, or who had caught the faintest spark of her spirit, could so fail as Miss Annie did in sympathy towards her hearers. Indeed Miss Nightingale considers that the test of success is the gaining the confidence of the village mothers, and being invited to help them in their own homes, when they can feel that "The Health Missioner comes not to find fault, but to find friends."

Love for the cottage mothers, love of the work, and love of the Master for whom all work should be done; can alone fit a Health Missioner to have any "coomfut in 'er."

M.M.V.

## Specimen Lecture 1.—Our Homes.

---

(a). INTRODUCTORY.

(b). THE BEDROOM.

Busy Life of  
Cottage Mothers.

(a). When I come into such a village as yours in the afternoon, I see a number of cottages with bright pots of flowers in the windows, and neat gardens, with clothes hanging out to dry in the back-yard, and little children playing about the doorstep, generally well dressed and with clothes neatly mended; and when I look at such things I think to myself—how hard those wives and mothers must work to keep such homes.

As I leave it again in the evening, I meet the men coming in from the fields tired and hungry, and often wet and cold besides, and I know that the wives are doing their best to give them a hot supper, a comfortable chair by the fireside, and a loving welcome. Does it not seem astonishing what one woman has to get through, when she must wash, and cook and clean and make and mend indoors, and buy what the family wants, and spend the wages to the best advantage—with only one head to plan and one pair of hands to do all the work?

It would be quite impossible, but that in a true home, two good angels have taken up their abode, the name of one is *Love* and the other is *Industry*.



Why they should  
come to the  
Classes.

Now you may well say to me—when a woman loves her husband and children, and works for them all day long and often longer—what is there for her to learn—and why should she take the trouble to come to these classes as if she were a girl at school?

It must be so difficult for busy women to give up time on a week-day to come and listen to a lecture, that unless I can show you that it is worth your while to attend the lectures, and that you can feel that you have learnt something which you really care to know—of course I cannot expect you to come at all.

There is one good angel more besides Love and Industry that should be in every home, and that angel's name is *Knowledge*.

Ignorance is such a terrible thing, and is so swiftly punished by the suffering it brings with it—that even if a mother loves her children and is ready to die for them, she may be doing or allowing things to injure their health, if she is ignorant, that will cause herself and them infinite trouble and sorrow—and every mother will agree that *to keep children in health* is better for them and better for herself than the most loving nursing in sickness.

Then you will ask, can I learn anything to help me to make my family healthy and strong, by coming to these classes? Yes, you can learn many things—first, because much is known now about health which our mothers and grandmothers never could

know, and which it is our duty to learn and to teach our children. Secondly, because we know now that God means us to be healthy and happy and that many illnesses come, not because He sends them, but because ignorant people have broken His laws—and the more we learn about these laws the healthier the world will be.

Preventible  
Illnesses.

Many dreadful illnesses like small-pox and ague, once very common, have now almost disappeared in England.

You have heard about Cholera—many hundreds of poor people in Germany died of it last summer, it is a terrible illness; strong men and women and little children are seized with awful pain in the stomach, and die in agony in a few days, often in a few hours.

This terrible Cholera came into our County of Bucks about 50 years ago, and old people still remember how many people died, especially those who kept ducks at Aylesbury, and were living close to stagnant water. But *then* nobody knew how the Cholera came, or how to fight against it—there seemed nothing for good people to do but to say it was God's Will and to be patient and die. But now we know that it was *not* God's Will that the Cholera should come at all, He gave us clean earth, and clean water, and clean pure air—but men have made earth, water, and air foul as far as they have been able—and Cholera is produced because far away in hot countries,

poor ignorant people live in dirty houses, drink dirty water, breathe foul air, and keep their bodies horribly dirty because they know no better. We also know that a Town or Village where the people have clean habits, and the air and water and soil are pure, and the drainage good, the Cholera will never come, or if it is brought in from the outside, it will not spread, and no second person need catch it, if proper care is taken of the first case.

It is the same with scarlet fever, typhoid fever, diphtheria, and many other illnesses of which little children die so easily.

Then if so many kinds of illness are preventible—that is to say if they need not come at all into a village, and if they do come they need not spread ; shall we not say that it is the duty of every woman to learn about Health—how to keep it good—and how to mend it—and that no mother can do her duty to her children, without understanding something about the wonderful bodies that God has made them, and how to keep these bodies in good working order.

If you agree with me so far—may I talk to you about your houses, your clothes, and your food, and about the health of your bodies, and if you are able to come to all the lectures, about your bodies themselves ; of the uses of the skin, how the blood flows, how the lungs take in air, and how food is digested, that you may judge for yourselves

about many things which doctors and nurses recommend to you.

Health.

Lastly, I hope to give you some simple directions for cases of accident and illness, what to do before the doctor comes, and after he has left—and about the management of infants and children; a puzzling question which many a young mother, ignorant and inexperienced, has had to work out for herself, at great cost to her first babies, on whom the experiments had been tried.

The Mothers  
should ask ques-  
tions, and help the  
Lecturer by  
relating their own  
experiences.

But if I do my best to make these lectures useful, they will be very dull indeed unless you will help me. I hope you will ask me a great many questions, and that you will always stop me when you do not agree with me, and tell me so. I may advise you to do something that is right in itself, and yet you may think that it is impossible to carry out—or I may say something which according to your experience is not true. Now if you are too civil and kind to contradict me—you will go away dissatisfied—and when you get outside the door you will say to each other, that I know nothing of your real difficulties, and that if I lived in your cottage for a week, I should not talk such nonsense. Now *that* will not help you nor me either. But if you will kindly show me what the difficulties are and tell me to my face when I say anything you do not approve of, or do not agree with—I shall certainly learn a great deal

from your experience and practical knowledge—and I hope I may be able to teach you something, if we can talk over the questions together and so find out what is best.

Now may I talk to you about our Homes and what can be done to make even a bad cottage much healthier than many good ones are now—and then I hope you will tell me about your own houses and if you will allow me, I should like to come and see them, and talk over with you what could be done to make them more wholesome.

Proposed plan of  
the Lectures.

In considering *our Homes*, may we talk first about (1.) *the Bedroom* ; (2.) about the *Kitchen and Parlour* ; (3.) about the *Back-yard and Garden*.

To-day we will think only of the *Bedroom* and its contents, I should like to write out on the Blackboard, what we want to get into a bedroom and what we want to get out of a bedroom.

What we want to  
get into a  
Bedroom.

I. *What do we want to get into a bedroom ?*  
(a.) *Light*, and not only *Light*, but *Sunshine*, and *Fresh Air*.

(b.) A good bed, a washing-stand and crockery, a chest of drawers, some strong clothes-pegs and 2 or 3 wooden chairs.

What we want to  
get out of  
a Bedroom.

II. *What do we want to get out of a bedroom ?*  
(a.) Bad air, bad smells and damp.  
(b.) Dust, dirty water, chamber slops, soiled linen, old clothes and odds and ends.

If you have the choice, choose a South room, that is a room into which the sun shines in the middle of the day.

Sunshine ; its  
effect on health.

*Sunshine makes a room healthy.*

I have been into a cottage, where a sick woman was confined to her bed all day in a room looking North, into which no sunshine ever came, though there was a South room in the house she might have had, because she did not know that a sunny room would have helped her to get well, or at least have made her more cheerful and comfortable while she was sick.

Sick people and children should sleep in sunny rooms, and windows should be kept very clean to let in as much light as possible, and should be kept open all the early part of the day to let the sun stream in upon the beds.

The sun is the greatest enemy of damp, dirt and disease ; he will do his best to get rid of the damp for you, to show you the dirt that you may get rid of it, and when damp and dirt are gone, disease will be much less likely either to come or to stay with you ; therefore make every ray of sunshine welcome into your rooms.

Fresh air ;  
difference between  
clean air and  
foul air.

*Fresh air* is the most important thing of all to make your bedroom healthy. We all know the difference between dirty water and clean water—but it is more difficult to know how to distinguish between clean air and dirty air, because we cannot *see* dirty air though we ought to be able to smell it.

When you pour clean water into a clean tub, in which you mean to wash your clothes, you could drink it safely and with pleasure—but when all the soiled linen has been



washed in it, the water would be very nasty and dirty, and if a little child ran to drink out of the tub then, you would call out to him to stop him, because you would know it was dangerous to take dirty water into our bodies. There is just the same difference between the clean pure air we breathe into our bodies, and the air when we breathe it out again after we have finished with it, as there is between the water before and after the clothes have been washed in it; if we could live always out of doors we should never breathe bad air, because what we breathe out of our lungs is blown away directly, and there is always fresh clean air for us to breath in.

If I were to put my head into a box, I should soon be suffocated, because I should breathe over and over again the bad poisonous air that my lungs have tried to get rid of, even if the box were a large one.

An unaired bedroom, a box of bad air.

A bedroom into which no fresh air comes is just *a large box of bad air*. If a person sleeps in a room without a chimney and with the window and door shut, he is not *suffocated* because some air forces itself under the door and where the windows do not fit; but the air will be so bad and thick and heavy, that anybody coming into the room from out of doors, will smell a nasty smell in the room, and feel quite choked, though the person who has slept in the room does not notice it. You can prove the badness of the air in other ways—milk

will turn sour in such a room and meat putrid, and if the jug on the washing stand is filled over night, it will be found in the morning with a film on the water.

Children suffer more than grown-up people from sleeping in bad air, babies often toss about and disturb their mothers by crying, who would sleep quietly and well in pure air—and grown-up people often wake with headaches and sore throats and are not refreshed as they ought to be for their next day's work, because they have not had a really good night.

Ventilation near  
the ceiling.

The difficulty is how to let in a little stream of fresh air at night near the top of the room without letting a cold draught blow upon the bed. There are many ways of arranging this ; two small pieces of perforated zinc let into the wall near the ceiling in different parts of the room sometimes act well ; but as the best way of airing the room depends upon the kind of window you have and how it opens, I should like to talk to you about this in your own bedrooms, if you are good enough to invite me by and bye to come and see you in your houses.

No  
Chimney-boards.

If you have a chimney in your bedroom it is much easier to keep the room fresh and sweet, for the bad air will escape up the chimney, therefore never stop up the opening with a chimney-board or a sack ; and a lamp of mineral oil put in the grate, will help to air the room by creating a

draft up the chimney. All complaints of the chest and consumption are likely to be brought on by breathing foul air, consumption is as you know an illness of the lungs, and to breathe bad air is as dangerous for the lungs as to eat bad food is for the stomach.

Many cottages have neither proper windows nor a bedroom fireplace, and the smaller the room is, and the more people sleep in it, the more poisonous the air becomes at night, and the more important it is to have a little stream of fresh air coming into it all night long from some small opening near the ceiling. A draft coming in under the door chills the feet. There is at least this comfort that a small bedroom kept clean and well aired, is more healthy than a large room neglected and dirty.

Furniture of  
Bedroom,  
Bed and  
Bedding.

A word about the furniture. What makes a good bed? A strong light iron bedstead on castors without curtains or vallance is the most wholesome, but if you have vallances to look pretty, and some people think that a bed looks bare without—they should be like a frill at least six inches from the ground, to let the air pass well under the bed. It need hardly be said, keep no dirty clothes under the bed, *nothing* at all but the chamber utensil, which should if possible have a lid.

This is the best kind of bedstead—the worst is the old heavy wooden bedstead with four posts and heavy worsted curtains and a top. When the curtains are drawn,

the bad air is shut in with the sleeper, and it is about as easy to move as a haystack. A bedstead should be easily moved, so that the wall behind it, and the floor below it, may be easily swept and dusted.

As to the bedding, a straw-palliasse below and a hair-mattress or a wool-mattress above, are the most wholesome; a mattress is much healthier than a feather-bed, but many people like a feather-bed best, it is soft and warm and less expensive.

If a feather-bed is used, it should be kept very clean, it should often be hung out in the sunshine and wind to air, and once a year the feathers should be taken out and picked and the ticking washed.

This is a troublesome thing to recommend but dirty feather beds are so dangerous, they get soaked with the perspiration from the skin and will make all the air of the bedroom impure. A woman who is confined on a dirty feather bed may get fever from it, though the sheets over it may be clean.

A good bed costs money, but a young couple furnishing would do well to spend all the money they can afford on bedding, a good mattress and hair pillows, light Witney blankets (and no counterpane which does not let the air through), are the best.

If the bed is good it is easy to make a temporary washing-stand and cupboard with rough deal packing cases, till better furniture can be bought by degrees.

## Walls

We may talk about walls and wall papers when we come to consider the parlour ; a whitewashed wall is the healthiest for a bedroom as it can be constantly made clean again, a little colour may be added to the whitewash to make it look more cheerful. A 1-lb. packet of Cannon's Concentrated Patent Size in a pail full of the wash. This is much better than glue and makes a fast colour.

## Clothes-pegs.

Against the door and in some convenient places against the wall, we will try to get some strong pegs, because clothes when taken off at night, are much better aired and dried by being hung up than by being folded on a chair, or worse still—left in a heap upon the floor.

## Carpets.

I have not put a carpet on the list of things wanted, because a bedroom is better without one, a carpet under the bed is positively unwholesome, as holding the dust ; small rugs that are easily shaken out of window are the only carpets adviseable.

Floors are often ill-laid, leaving wide chinks between the boards ; the following receipt may be safely recommended for filling up the openings.—Sprinkle sand in the chinks, press down and put good glazier's putty, the sand makes a firm base, and the putty becomes quite hard, so that no wet can get through.

Now we will think of the things to be *turned out* of our bedrooms, as we would chase rats out of the larder, or caterpillars out of the cabbage beds. The worst of all

our enemies is bad air, the refuse air that our bodies have done with, and the question is how to make the air in our bedrooms as fresh as the air out of doors without being cold.

Airing of bedroom  
during the day.

When you get up in the morning you probably do not make your bed at once—because there is the fire to light and breakfast to be got ready for the husband and sons who are going out to work—and this is quite right—because the bed ought to be aired before it is made—therefore when you leave your bedroom, turn the bedclothes right down, and open the window.

You do not want a draught at night—but when the room is empty, you want as strong a draught as possible to cleanse the air and blow out all the bad air that has been made during the night.

Cleansing of  
bedroom crockery.

There is one vessel in a bedroom more important than any other to be kept clean, and to be emptied quickly, and that is the utensil often kept in a very dirty state under the bed, to infect the bedding and poison the whole air. It is impossible to make too much fuss about keeping this chamber utensil clean, and teaching your girls the importance of doing the same. Grown-up persons in health should not use the utensil in the bedroom, the last thing at night, but should go out to the privy; when old or sick people and little children have to use it at night, it should be emptied at once and rinsed out, *not left under the bed full.*



A good mistress of a house will keep this vessel as clean inside and outside as a cup or a wash-hand bason, there should be no greasy feeling or smell about it whatever. If a utensil has been long neglected, it will be necessary to clean it with boiling water and soda, a bit of rag tied round a stick, or a clean dry mop made of tow, should be well rubbed on the inside to get the furring off. If it will not come off readily, it may be useful to buy a little Muriatic Acid, (a 2-oz. bottle is usually sufficient) and pour it into the utensil, rubbing it round the inside with the tow mop. It is dangerous to rub a dirty vessel with the bare hand, because if there is any scratch or cut in the skin, it may cause a gathered finger, or poison the whole arm. When once the utensil is clean, it is easy to keep it so; when it has been emptied in the morning the soapy water in the bason, which has been used for washing should be poured into it, rinse it well round and this will keep it quite clean, if done every morning, and a little cold water should be left standing in the utensil. Whatever other work you have to put off—empty your slops early in the day—unemptied slops poison the air and foul the furniture—never leave them to the afternoon—this is the golden rule for a healthy bedroom.

Danger of  
unemptied slops.

If the bedroom has been well aired and all the vessels in it made clean, there ought to be no bad air or bad smells remaining in

it—but we have still to consider how to turn the dust out.

How to get rid of dust. It is *not* turning it out, just to disturb it from one place and send it all into the air, only to settle down again as before, when you have gone out of the room. Dust must be wiped with a damp cloth to which it can stick. A long brush with a damp cloth tied over it should be passed over the floor, and especially under the bed, and when dirty it should be rinsed out again in a pail of water and well wrung out. You do not want to make the floor wet, only that the cloth should lick up the dust. If this is done daily, it ought to be enough to have a great turn out of the room once a

fortnight, when the floor should be scrubbed with soap, but *not made too wet*, and wiped dry again, a dry sunny day should be chosen so that the boards may have time to get quite dry before night. But boards do not always fit close, so that your floor does not dry; this is a matter we may talk of again when we consider the kitchen floor, as there little bits of food and dirt lodge between ill-fitting bricks or joints, and decaying matter forms underneath the floor. A good plan is to trickle down sand and press it down in the chinks, then fill up the top with good glazier's putty. The sand makes a firm bed, and the putty hardens and allows no wet to pass through it.

Perhaps you will let me say a word about another enemy we sometimes have to fight in our bedrooms—I mean *vermin*. They some-

Vermin.

times come in by no fault of the housewife, and increase frightfully to the great discomfort of the family. I knew an old couple in Liverpool who had only one room, the old man was bedridden with rheumatism, the old woman kept everything beautifully clean and neat. She supported them both by washing with some help from the parish; she was able to take the clothes to the public wash-house, but she brought them home to iron by the old man's bedside, who could not bear her to be out of his sight. They were so fond of each other, but I have come in sometimes and found her in tears, and the husband in a great state of irritation—there was one enemy she could not get rid of—the old wooden bedstead was full of bugs--and when the old man was much tormented by them he would declare that he would rather go to the workhouse—which cut her to the heart.

Now when vermin have got into an old bed, or between the joints of the boards, soap and water alone will not get rid of them. All cracks and joints in the bedstead must be filled up with a thick paste of carbolic powder; all crevices between the planks of the flooring and the skirting boards should be filled with a paste of chloride of lime. The legs of the bed may be placed in saucers filled with water and a little carbolic. Blankets and bedding may be sprinkled daily with Keating's Insect Powder. All this means trouble,

but carbolic powder and chloride of lime are cheap to buy, and you will get rid of vermin of all sorts.

Damp.

In speaking of *damp* as one of the enemies to be turned out, I need hardly remind you how dangerous it is to sleep in damp sheets, or to wear damp clothes; fresh air and sunshine are again our best friends, no room can be dry that is not aired. Every breath we breathe out contains moisture, you know this when you breathe against a looking-glass and make it all dull; this moisture settles on the walls and the furniture, and in frosty weather we can see drops of water running down inside the window-panes, this is the water out of our breath; therefore keep your windows open all the morning and shut them again before sunset or as soon as it gets damp.

Lumber and  
Odds and Ends.

One word more about *the lumber and odds and ends* that are sometimes piled up in bedrooms. With all you have to get through in the day, you cannot spare much time to dusting your bedroom, therefore have as little in it as possible, which is not actually wanted.

Boxes and cupboards choke up a small room and leave less room for air. No food of any kind must be kept in a bedroom; it will go bad itself and poison the air. Some people seem to regard the space under the bed as a lumber closet, I have known even coals and sacks of potatoes and wheat kept there, not to mention old worn-out clothes and old boots, and all sorts of unsavoury odds

and ends which were thrust out of sight and forgotten, and which made any cleaning under the bed quite impossible.

I hope I have not tired you with all these small details—shall we look again at the blackboard and see all the things we wish to get into our bedrooms, and all the things we wish to get out of our bedrooms—I will read them through once more—if you think I have made too much fuss about the bedroom, the room most out of sight in the house, and most apt to be neglected—I may ask you to remember, that children spend about half their day and grown-up people in health about one-third, sick people often the whole of the 24 hours in the bedroom—that therefore the state of a room in which so large a part of our lives is spent, *must* have a great influence upon our health.

Fresh air and  
sunshine in the  
bedroom by day,  
promote sleep by  
night.

Lastly, that it is by welcoming God's good gifts to us of fresh air and sunshine into our bedrooms, that we can hope to obtain the special gift He gives to His beloved—the gift of Sleep.

MARGARET M. VERNEY.

Extract from a Memorandum from the Buckingham District Committee on Technical Education to the Delegates from the Village Committee of—

HEALTH-MISSIONERS.—“We are instructed to send the two Lady Health-Missioners to the villages of—A, B, & C—to give eight lessons at each place on the points most useful to be observed for keeping houses wholesome and the body in good health. We are to request the committees of these villages to obtain for the Missioners the use of a room for the Lessons, and make the days and hours of their coming known to the Villagers; of which the Committees shall have due notice. Such hours and rooms as those found suitable for Mothers’ Meetings, would probably be the best for these..... This scheme of instruction is the outcome of the suggestions of Miss Florence Nightingale, and we understand that its details have been carefully studied by her. The District Committee feel that no other words should be needed to ensure for it your hearty co-operation as an important, though as yet untested experiment.”



# Letter from Dr. De'Ath to persons likely to help the Health-Missioners in the Villages.

---

West Street, Buckingham,

8th. October, 1892.

Dear Sir, or Madam :—

*I am writing to ask you to do your best to support the work of \_\_\_\_\_ who is coming to your village as a Health Missioner. She will lecture on subjects connected with household health and visit, where invited, among the poor to talk over with them the subjects of the lectures and other matters which have any bearing on the health of the household.*

*I want you to do all that you can to persuade women, and particularly poor women, to go to the lectures and to give the missioner a fair chance of doing good work.*

*I shall be pleased to answer any questions you may like to ask, and I should be very glad if you would try and secure an audience for the Missioner and use your influence to get people to ask her to visit them in their cottages and to forward the work in any way in your power.*

*I understand that \_\_\_\_\_ will begin her work in your village at \_\_\_\_\_ on \_\_\_\_\_ next,*

*Believe me,*

*Yours very faithfully,*

GEORGE H. DE'ATH.

## Health-Missioner's Returns.

---

### BUCKS COUNTY COUNCIL.

---

#### Return of Health Missioners.

---

Lecture given by Miss \_\_\_\_\_

at \_\_\_\_\_

on \_\_\_\_\_ 189

Place of Meeting \_\_\_\_\_

Approximate No. present \_\_\_\_\_

Subject of Lecture \_\_\_\_\_

No. of invitations to visit \_\_\_\_\_

Preparations for meeting, whether good, indifferent, or bad

---

#### GENERAL REMARKS AND SUGGESTIONS.

*It is requested that this form be filled in and at once posted to Dr. De' Ath,  
Buckingham.*

Private.

## Health-Missioner's Diary.

---

Health Missioners are requested to furnish such information as may seem important with regard to the houses they are invited to visit. The following heads are suggested for enquiry and observation.

**Date.**—Day and hour of visit. Time spent in the house. No. of visits paid to this house.

**Place.**—Name of the village, and in what part of the village. Situation, high or low. Apparent healthiness of the site. Aspect. Character of neighbouring houses, whether good or bad. Is the cottage old or modern. Is the roof thatch, tiles, or slates? General cleanliness.

**Inhabitants.**—Name of Occupier. Of whom does the family consist? Approximate ages of parents and children. Are there lodgers?

**Health.**—Are parents healthy? Are inhabitants subject to fever? Do children suffer from illness when teething? Are they subject to sore eyes, headache, swelled tonsils or glands, fits, diarrhœa or constipation? Is there consumption in the family?

**The House.**—Number of living-rooms and bedrooms. Where are bedrooms, and have they fireplaces? Do windows open fully? are they near the floor or the ceiling? Is there provision for a thorough draught? Nature and condition of bedding. Where can potatoes, odds and ends be stored? General conditions of floors, walls, and roof. Is there a closed porch, and a back door? Where is food kept? Is there a wash-house? Do chimneys smoke?

**Water Supply.**—Whence derived? Is it always good and abundant? From Well, Spring, Tank, or Conduit? How near to manure or cesspool?

**Sink.**—Is there one? Where do the slops go? are drains trapped and disconnected? Do drains pass under the house?

**Closet.**—Nature of closet, how cleaned, and how often? Is there main drainage in the village?

**Manure.**—Where are the manure pit, pig-stye, refuse heap, and ash heap? Are they liable to drain under the house, or to contaminate water supply? Are they cleaned at stated intervals?

**Advice.**—Summary of advice given.

**Defects.**—What can be suggested to remedy principal defects?

*Missioners are not expected to investigate all these questions in every house, but only such of them as come under their observation and seem to call for remark.*

# BUCKS COUNTY COUNCIL.

*Diary of Miss \_\_\_\_\_ Health-Missioner.*

*Village \_\_\_\_\_ Date \_\_\_\_\_*

Occupier's Name Visit lasted from to No. of Visit Whole time spent in Village.				
Remarks.				

## Summary of Scheme for Health-at-Home Training and Teaching to Rural Health- Missioners.

---

The complete Scheme for Health-at-Home Training and Teaching is as follows.—

I.—A Rural Medical Officer of Health is selected by the County Council for his fitness and experience.

II.—Lectures are given to Ladies desirous of becoming Health Missioners and others, by the Rural Medical Officer of Health; for Syllabus of Lectures see page 11. This Course of about 15 Lectures (not less) includes Elementary Physiology, *i.e.* an explanation of the uses and actions of all the organs of the body; how each affects the health of the body; and how each can be kept in order. These Lectures are a summary of the science of Hygiene, and are to give the scientific basis, on which the popular familiar village teaching is to be founded. These preliminary Lectures may be given to a mixed audience, including all those ladies who are anxious to understand and help on the work in the neighbourhood, without themselves becoming Teachers. The travelling expenses of ladies qualifying themselves to become Teachers, have been paid by the County Council.

III.—A Class is given after the Lecture, to those only who wish to qualify themselves as Health Missioners. They are required to write papers at home, on subjects given by the Lecturer, who by questions, and by the written work, tests the knowledge, character and power of expression of the Candidates. The questions must be so framed as to make the pupils observe for themselves; the attendance at Lectures and Classes will be taken into account, when Candidates are to be chosen for the final examination.

IV.—Instruction is given to the Ladies attending the Classes, by the Medical Officer, taking 2 or 3 at a time, or sometimes all together into the Villages, showing them what to observe and how to visit. This can only be done (without giving offence) by a Rural Medical Officer of Health, already well-known to the poor as their friend; who is familiar with the evils to be fought against, and the remedies to be suggested.

V.—The Medical Officer of Health recommends for examination, a certain number of the Ladies who have attended his Lectures and Classes, as suited to become Health Missioners. These qualifications are (1) Good Character; (2) Good Health; (3) Personal fitness of the Candidate for teaching and making herself acceptable to the Village Mothers; (4) Belief in, and Enthusiasm for the work.



VI.—The County Council appoints an independent Examiner, who must himself be familiar with the conditions of rural and village life, who will test the knowledge of Candidates and their power of imparting it.

VII.—A report is sent in to the County Council by the Medical Officer of Health and by the Examiner, (see pages 7, 8 and 9) of the Candidates who have satisfied them both. The County Council then appoints as many Ladies as Health-Missioners as are required for their district. The scheme so far comprises :—

- (a.) Lectures given to large audiences of Ladies, (from 70 to 90) in order to diffuse knowledge about Health-at-Home.
- (b.) Classes given (in addition to the Lectures) to and papers written by Ladies wishing to become Health-Missioners, (16).
- (c.) The best of the Candidates presented for examination by the Medical Officer, (12).
- (d.) The best of those examined, recommended to the County Council for employment (6).

These are roughly speaking, the figures as the scheme has been carried out in North Bucks ; of these six ladies duly qualified, three were at once engaged by the County Council, the other three will be employed as the work is extended.

VIII.—The Health-Missioners are appointed to districts. A district consists of a number of small villages, grouped with a larger village or market town ; worked by a District Committee, including its own representative on the County Council.

Each village has a Local Committee represented on the District Committee.

The Local Committee sends in to the District Committee requests for Health Lectures, and makes the necessary arrangements for receiving the Health-Missioner, by engaging a room, providing a black-board etc, and making the lectures known to every wife and mother in the village.

IX.—The Health-Missioner when at work, is still under the supervision and control of the Medical Officer of Health ; who as often as possible introduces her to her audience the first time she visits a village, receives her daily returns (page 40) and her Diaries, (page 43), and makes it his business to inquire into the practical success of the work, or the reverse.

X.—The Health-Missioner delivers simple lectures in homely language (see Syllabus, page 11, Hints to Lecturers, page 16 and Specimen Lecture

page 20), and aims at making friends with the women and visiting them, by invitation, in their own homes. Here the teaching can best be given, the function of the Lectures being to lay down principles and give the outline of the teaching to be practically exemplified in the homes.

XI.—A Health-Missioner should be settled in a District until she has gained experience in the work, and a personal knowledge of the women, by visits in the villages, she would then be able to receive a Probationer.

A Probationer attending a course of Lectures and Classes, would be required to accompany an experienced Health-Missioner on her round of lecturing and visiting, as the time necessary for her own work allowed of it.

---

---

*Such is the Scheme which has been started in North Bucks, and has already met with a large measure of practical success.*

---

---



*The following letter from Miss Nightingale was received just in time to serve as a conclusion to this pamphlet.*

---

London, Nov. 21st, 1892.

### HEALTH-AT-HOME MISSIONERS.

MY DEAR MR. FREDERICK VERNEY.—

Though I have recently left Claydon it was not till after I had had the advantage of much information through Dr. De'Ath, of strict, independent enquiries, and of personal communication with the three ladies at present at work, as regards the Health-at-Home Mission.

The result for the short time is more satisfactory than you could have dared to hope. The Technical Education Committee may be quite confident that good work is being done.

But an extension of time, your Committee will readily see, is most desirable.

The term of the present employment of the Health Missioners is already drawing to a close. And this just as they are beginning to gain the confidence of the Cottage Mothers and girls. If we consider how many sceptics there still are, even among those who are called educated, as to the vital necessity of Sanitation, and the almost immediate saving effect of some Sanitary measures, we must not be surprised that those less educated, whom we have to deal with, do not understand or assimilate these new ideas at once. It requires the continued work of a friend, not a *mere* lecturer.

The friendly visiting of the Health Missioner at the Cottage Homes, *by invitation*, has been a marked success. It has also been found by experience that all the practical teaching which it was intended that these ladies should give could not be compressed into the number of lectures, so as to receive the illustrations and definitions by anecdote absolutely necessary—an additional reason why lectures, which have been in most places well attended, should receive an extension, which it is hoped the County Council, under whose auspices this experiment has been so happily begun, would willingly approve.

Your Technical Education Committee would, in their intelligence, see that *rural* training must be given in rural health to rural cottage women—and that London Physiological Lecturers, in Cottage Health-at-Home visiting, are worth little or nothing for rural life. Its conditions, it need hardly be said, are so different from those of large towns.

I trust I shall be forgiven by your Technical Committee if I appear intrusive—forgiven on account of my deep interest in the instruction to rural poor women, for whom so little has yet been done, so wisely set on foot by the Bucks County Council.

“May their shadow never be less.”

Pray believe me the humble and anxious friend,  
 dear Mr. Frederick Verney, of yourselves and your  
 Bucks Cottage Mothers.

(Signed)

FLORANCE NIGHTINGALE.











